

Health Homes Herald

September, 2015

Volume 2, Issue 12

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Health Homes: Going Beyond Medicaid

Our Health Homes success story this month comes to us from the Horizon's Health Home. Brandi Gisick, a Health Home Care Coordinator writes:

We have a member who was in an accident that caused him to have brain damage which in turn caused his hands to be contracted. He only has use of his pointer fingers and thumbs.

When I got involved he had made the decision not to get surgery because the prognosis was that he would still not have any movement in his hands and that eventually he would need to get his fingers amputated.

We explored as many routes as we could in order to get him the help that he was looking for. When getting in touch with a rehabilitation doctor it was suggested that Botox shots could help relax his hands

along with physical therapy to help stretch the muscles.

We scheduled an appointment with the physical therapist while we were waiting to see if the Botox injections would be approved by his insurance. The physical therapist let us know that without the Botox shots they risked breaking his hand while stretching it out. Unfortunately, the member's doctor soon called saying the Botox was not approved.

Our Health Home came together as a team to try to figure out what we could do for this member. He recently obtained Medicare coverage, so we set up an appointment to talk with the doctor in order to see if we could now get approved for the Botox shots.

He was approved and he was able to get the shots that day! We were also able to get him into the

physical therapist the next day to begin treatment.

In the past two weeks there have been major improvements. Both of his hands are currently in braces and he is beginning to heal. He was even spotted at Starbucks being able to pick up a cup with his whole hand!

This story highlights how important it is to be aware that many of our members have coverage beyond Medicaid. Fantastic job Brandi, this is truly life changing work!

If you have a success story that you'd like us to feature in the Health Homes Herald, please contact:

Samantha Ferencik

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- Learning Collaborative Webinar — Oct. 6 at 3:00 pm

Questions?

Email:

healthhomes@kdheks.gov

Phone:

1-785-296-3981



Consumers' Frequently Asked Questions

I am new to KanCare and have been told that I qualify for Health Homes. What is a Health Home?

If you do qualify, you should get a letter explaining Health Homes to you in the mail. A Health Home is not a place. It is a set of services to provide extra support to you if you have a serious health condition and are part of KanCare. Participation in Health Home services will help things go more smoothly for you by working to manage your care needs. This can help lower your hospital and emergency room visits and improve your health and overall well-being.

If you have questions or just want to talk about Health Homes please contact Samantha Ferencik:

Phone : 785-296-8001 Email: sferencik@kdheks.gov

Kansas Health Homes Receive National Attention

In recent months the Kansas Health Homes program has received national attention. State staff have been interviewed by a national policy group examining our use of peer support in Health Homes, as well as by staff in California who are designing their Health Homes program. Rick Hoffmeister has also received requests to share information about our unique model. Rick has attended two Open Minds conferences, one in New Orleans and another in San Diego, to present information related to the Kansas Health Homes experience. Samantha Ferencik will be presenting at the NASHP Conference in Dallas this October as well.

The entire state team is very excited about these and other opportunities we have had to share our model beyond Kansas. Our model and approach to implementing Health Homes has been recognized nationally for its success and innovation. We thank our MCO partners and Health Home Partners for their help in designing and implementing this program.

Understanding Medicare Coverage

Brandi Gisick's front page story in this month's newsletter points out the importance of understanding the complex health care system our members face. If you find that a Health Home member also has Medicare, you can look to see what is covered under their Medicare plan here:

<https://www.medicare.gov/coverage/your-medicare-coverage.html>

There is also a link at the bottom of that page where providers can check by CPT/HCPCS code. We hope you find this helpful as you work to ensure our members get the care that they deserve and are entitled to.



Update from Wichita State University Center for

The WSU Center for Community Support & Research provides learning opportunities for staff within contracted Health Home providers. Here is a recap of last month and what's coming up:

- The **Kansas Health Homes Conference** was held August 11 & 12 at the DoubleTree by Hilton in Wichita. Approximately 250 staff from Health Home partners across the state came together to learn from one another and community experts on a wide range of topics. To see the presentations that were shared, please visit http://www.kancare.ks.gov/health_home/stakeholder_meetings.htm. THANK YOU to all of our partners and funders who made this conference an overwhelming success!
- The **Health Action Plan Learning Series** is an opportunity for Care Coordinators and Social Workers within contracted Health Home Partners to gain tools and resources for writing quality Health Action Plans with their members. Our next webinar – Motivational Interviewing – is scheduled for September 22 at 10:00 a.m. Registration is open – we look forward to seeing you then!
- The **Health Homes Learning Collaborative** allows administrators and managers within contracted Health Home Partners to share ideas and resources to continuously improve the current Health Home system in Kansas and is required for all current contracted HHPs. Our next webinar will be on Tuesday, October 6 at 3:00 p.m. – watch for your invitation coming soon.

Pre-registration for all events is required and is limited to staff from contracted Health Home Partners. For more information or to add your name to an invitation list, please contact Vanessa Lohf at vanessa.lohf@wichita.edu.

Health Homes Tips and Tricks

Our Health Homes Tip of the Month comes to us from Carla Hogan at the Health Home operated by The Mental Health Center of East Central Kansas. Carla writes that their Health Home has begun offering members small “thank you” gifts for keeping their appointments at the Health Home.

The members are able to choose an item from a “goodie basket” that the staff at the Health Home stock with a variety of items purchased at a local discount variety store. Carla reports that this is a big hit with the members and has helped to reinforce members’ efforts to keep their appointments. Keeping appointments and staying plugged in to the Health Home help members move toward meeting their health goals. We are happy to be able to give a small “thank you” to them for their hard work.

Fantastic work, Carla! We know that many of our Health Homes members have a history of missing appointments. This is a great way to encourage and reinforce our members.

If you have ideas, tips, tricks or strategies that you'd like to share, please contact Samantha Ferencik at: Phone : 785-296-8001 Email: sferencik@kdheks.gov



Adults Need Vaccines Too

Last month this newsletter featured a story on the importance of ensuring that school-aged children receive appropriate vaccinations on schedule. This month we'd like to encourage adults to ensure that they too have the vaccinations that they need.

The Centers for Disease Control and Prevention (CDC) reports that a recent national survey by the CDC showed that most U.S. adults are not even aware that they need vaccines throughout their lives to protect against diseases like pertussis, hepatitis, shingles, and pneumococcal disease.

Some vaccines you received as a child may require a booster, and as you get older, there may be other diseases you are at increased risk for based on your job, where you travel, and other factors.

Vaccines are especially important for Individuals with chronic conditions such as

asthma, COPD, diabetes and other chronic diseases.

For example, if you have diabetes, even if well managed, it can make it harder for your immune system to fight infections. This may put you at an increased risk for more serious complications from an illness compared to people without diabetes.

This is why you should talk to your doctor or other healthcare professional to make sure that you have all the vaccines that you need.

The good news is that getting vaccinated is easier than you think. Adults can get vaccines at doctors' offices, pharmacies, workplaces, health clinics, and health departments. You can look online to find a vaccine provider near you:
<http://vaccine.healthmap.org/>

Most health insurance plans cover the cost of recommended vaccines. There will likely be little

to no cost for you to get vaccinated.

The number and type of vaccines you need may vary depending on your age, health conditions, occupation, and other factors. The CDC offers a short quiz to help you determine which vaccines are recommended. You can complete the quiz here:
<http://www2.cdc.gov/nip/adultimmsched/>

For more information about adult vaccines, visit:
<http://www.cdc.gov/vaccines/adults/index.html>

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 785- 296-3981

Email: healthhomes@kdheks.gov

Website:
http://www.kancare.ks.gov/health_home.htm

